Shopping with Sally

How About a Salad?

Canadians are becoming more and more salad-conscious.

This was pointed out by the yearly increase in sales of salad ingredients such as tomatoes, lettuce, endive and romaine (sales of which are on the up-swing) radishes, onions and many other vegetables.

A reasonable new salad item that's caught on like wildfire is the green pepper either by itself, with a stuffing of shrimp, chicken, devilled egg or ham or in a salad for color or flavor.

★ ★ ★

At about 39 cents a pound, asparagus begins to sell and as the supply increases, you'll notice this price tagged on this delicious vegetable that's good cold and rolled up in thin buttered white bread or hot and smothered with cheese sauce or butter. This next month up until April 15 will be asparagus time at its finest. On that date, the crops are picked over by the canners and the fresh market is depleted.

★ ★ ★

Watermelon prices are expected to drop to about 17 cents a pound at the beginning of next week.

★ ★ ★

The price barrier of peas has also been broken (perhaps that was the sound we heard in Victoria Tuesday morning). When peas reach the price as they are now of two pounds for 39 cents, they sell fast and furiously.

★ ★ ★

A new shipment from down under has just arrived. These are onions from New Zealand, preceding the forecasted Australian ones. They have a distinct kinship to the American onion in color and flavor and the prices will be about the same.

★ ★ ★

Don't be alarmed if your cauliflower is a mite off-color. Due to weather conditions in the south, the last crops have a faint ivory shade but the quality is still good and the prices the same.

★ ★ ★

For the gourmet, or anyone with expensive tastes, there might just be a few baskets of fresh, large-as-life red strawberries shipped from California here in a week or so. The price, you ask? Don't shudder, it's one dollar a basket.

★ ★ ★

Tomatoes in the "pink" of condition will be arriving at your markets shortly. Packed full of vitamin C, these are picked from the vine when pink and shipped. They arrive fresh and red and luscious.

★ ★ ★

Here's an interesting foot note: produce that is shipped overland in those huge transport trucks arrives almost farm fresh. For example a truck leaving the Mexican border on Monday with two drivers and 40,000 pounds of produce will arrive here Wednesday and be on your grocer's shelves today.

This is accomplished by an around-the-clock driving system with no stops except for fuel and each driver sleeping his turn in a special compartment in the truck. I might add there's a waiting list of truck drivers for these long hauls—it must be the pay.

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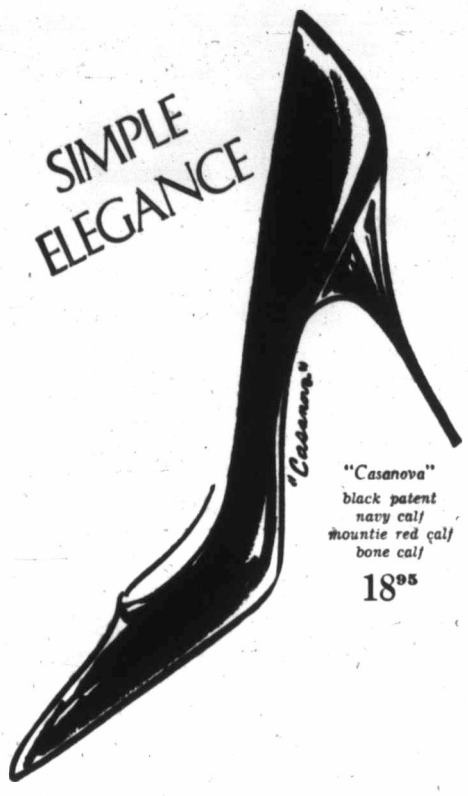

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Quads Born In Africa

CAPETOWN, South Africa (Reuters)—A 42-year-old African woman, Mrs. Amy Rinque, Tuesday gave birth to quadruplets, three girls and a boy. All four were doing well in an incubator in the Cape Peninsula Maternity Hospital. Their average weight was three pounds, 14¼ ounces.

★ ★ ★ ★ ★ ★

Sunny Egg Casseroles Brighten March Menus

Golden eggs and cheddar cheese supply that extra touch of sunshine needed to pep up March menus. They are eye and taste pleasing while satisfying hungry appetites. They combine with vegetables such as broccoli spears for delicious casserole dishes.

Homemakers with a flair for oriental cooking take delight in adding curry powder or other special seasonings to cheese and egg sauces.

Recipes for casseroles or main dish sandwiches often specify "hard-cooked" eggs. Unfortunately many people hard boil eggs rather than hard cooking them in the shell. Eggs cooked firm in simmering not boiling water will have tender egg whites and the yolks will be golden without a trace of discolouration. It's an extension of the rule of low temperature cookery for delicate souffles, tender tortes and other foods prepared with eggs.

Sometimes the hard-cooked eggs are sliced into a rich cheese sauce. In the sunny lenten casserole, however, devilled egg halves are arranged on top of the cheese sauce and broccoli to garnish as well as be part of the main course.

SUNNY LENTEN CASSEROLE

(Yield: 6 servings)

Deviled eggs: Six eggs, hard cooked, 1 teaspoon finely chopped onion, ¼ teaspoon dry mustard, ½ teaspoon salt, 2 tablespoons mayonnaise, ⅛ teaspoon Worcestershire sauce, 3 tablespoons process cheese, grated.

Cheese sauce: One cup process cheese, grated, 2 tablespoons butter, 2 tablespoons flour, 1¾ cups milk, ½ teaspoon salt, ⅛ teaspoon black pepper, ½ teaspoon dry mustard, 2 teaspoons finely chopped onion.

Two packages frozen broccoli spears, cooked. Bread crumbs.

Slice eggs in half. Scoop yolks into a small bowl. Add onion, mustard, salt, mayonnaise, Worcestershire sauce, and grated cheese. Blend together. Spoon egg mixture back into the egg halves. Top each with a rosette of the egg mixture.

To make the cheese sauce, melt butter in a small saucepan. Remove from heat and slowly add flour, stirring constantly. Slowly add milk. Blend until mixture is smooth. Return to heat and stir constantly until mixture thickens. Add cheese, salt, black pepper, mustard, and onion. Stir until cheese melts.

To assemble the casserole, arrange cooked broccoli spears in an 8 by 8 by 2 inch baking dish. Place deviled eggs on top of broccoli. Pour cheese sauce over the broccoli and eggs. Top with bread crumbs.

Plase casserole in a moderate oven (350° F.) for about 20 minutes or until warm and browned on top. Serve immediately.

CURRIED EGGS POLYNESIAN

(Yield: 4 to 5 servings)

Six eggs, hard cooked, 8 ounce package sliced process cheese, 2 tablespoons butter, 2 tablespoons finely chopped onion, 3 tablespoons flour, 2 cups milk, ½ teaspoon curry powder, 1¼ teaspoon salt, ¼ teaspoon pepper, 1½ teaspoons grated orange peel, butter, 4 to 5 slices bread.

Melt butter in a small saucepan. Add onions and heat about 5 minutes or until onion becomes soft. Remove from heat and stir in flour. Slowly add milk. Stir until the mixture thickens and boils. Slice eggs into large pieces. Add to the sauce. Mix in curry powder, salt, pepper, and orange peel. Cover to keep warm.

Spread butter on one side of each slice of bread. Place bread, butter side up, on a baking sheet and toast under the broiler. Turn bread and place a slice of cheese on each piece. Return to broiler and continue heating until the bread toasts and the cheese melts.

Spoon about ½ cup of the curried egg sauce onto each piece of bread and cheese. Serve immediately while warm.

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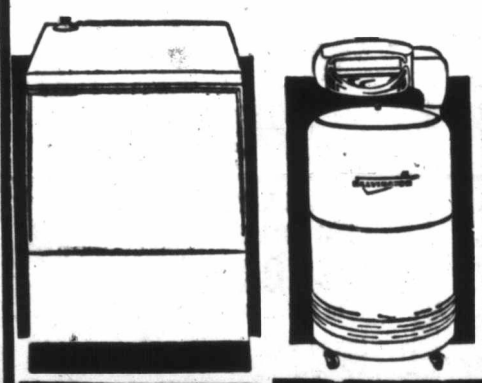

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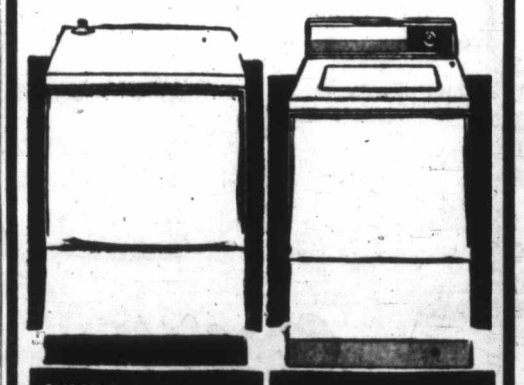

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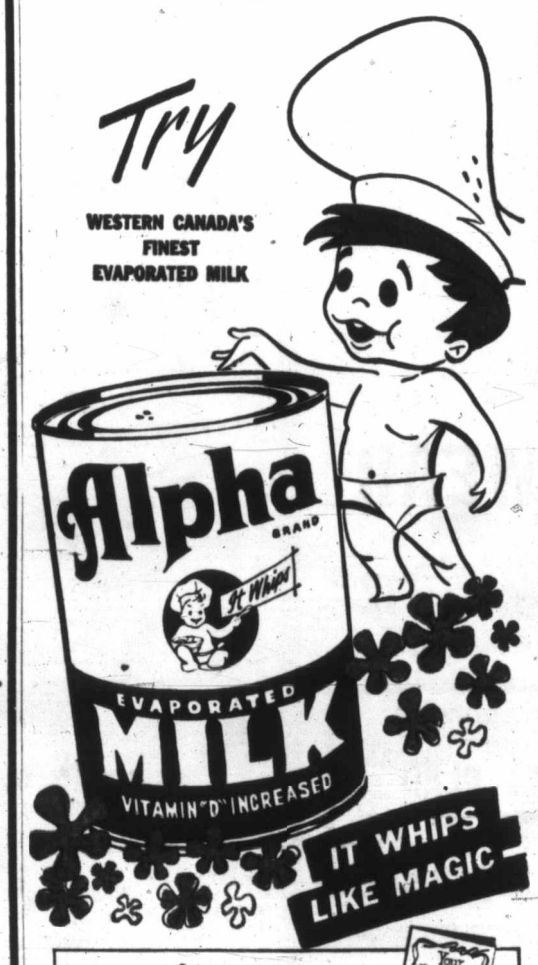

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how to marry mayonnaise

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*the kind made with fresh whole eggs